

Healing is Gradual

*You are how you react
& respond to what
happens to you...*

Njabulo Chriswell Sithole

HEALING

IS

GRADUAL

BY

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Project Management by Njabulo Chriswell Sithole

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Proofread, outlined and designed by Khalipha
communications

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INTRODUCTION

I write this brief book to you to let you know that you are undoubtfully worth the best of love regardless of it all.

No woman or man can take a partner that has fully committed themselves to you. They can be distracted from you by women/men that lust them and be tempted to leave you in pursuit to have women/men they lust after, that however is an inevitable part of your journey together. Whoever is destined to walk life's love path with you is yours for a given season and for a purpose. If they leave you for someone else. Make peace that they were never yours to begin with regardless of their sweet promises of an

illusionated forever with you. You could to them have been a lust quencher, a cleansing station for their toxicity, a comfort for their compromise , an enabler to greener pastures, a time-waster, a lesson to never forget , a hindrance to the best of themselves and a practice ground for their next relationship . Remember vividly that their departure for whatever reason isn't a complete evaluation of your worth. Be not stubborn to stay in your bitterness, to fuss over your losses and to deny yourself happiness that comes from within yourself. Be courageous to eliminate your toxic traits, to forgive your bad decisions, to forgive expecting in others what you don't give to yourself, to forgive others whether they are apologetic or not, to redefine your intentions, to refine your discretion, to fine tune your discernment, to be teachable always into Love's way and to openly bring forth a full contribution of yourself to your next love experience.

When you have been hurt so much by those you loved who didn't love you back ; for a moment in time you feel like you will never love again yet as you grow in the Lord you realize that you were loving wrong, your motives and intentions were not genuine. Fake merchandise works like the real stuff but doesn't endure like the real stuff . The real stuff is two God-centred individuals, striving in purity , in righteousness and in Love getting to build a ship of relation.

"If you believe yourself unfortunate because you have loved and lost, perish the thought. One who has loved truly, can never lose entirely".

- Napeloen Hill

All relationships with other humans are risky. Why? All humans are fallen. You are not what happened to you. Don't judge future events based on past and present failures. **You are how you react and respond to what happens to you.**

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-Chapter 1-

PUTTING STRONG BONDS TO REST

There is not a single person you will meet that is not seasoned and reasoned . Everyone is given to you for a specific time and for a particular purpose. Allow people to come into your life and allow people to exit your life...The incoming and the outgoing creates a balance you will soon understand, marvel at your foolishness and receive emancipation from attachment for good.

Pain comes to serve a purpose. A purpose that is channelled by your attitude towards that very same pain. How look at pain, will set the tune for

your healing and rediscovery. It hurts when someone leaves your life but it hurts even more when you live a life without God Almighty. It is not about who left you or who stayed. It is about the lessons you continue to learn from both your leavers and stayers. Stayers aren't superior nor are leavers inferior - their importance lingers on the purpose both came to serve.

-Chapter 2-

LOSING SOMEONE YOU DEARLY LOVE

Whether be it through death or the person departing from your life or even you departing from a person's life produces heartache . When the bonds are deep, the departing and unbonding is never easy and when they are still alive, burying them whilst they are alive is a process you must do otherwise you will never stop resurrecting what needs to rest. It is a constant battle to keep them dead in your surrounding but strangely alive in your memory involuntarily so. There is around you a constant reminder of them, from their scent, to their

favourite food let alone their fingerprints on your rear view mirror, your favourite parking spot where you first met them and the beetle key holder on your car keys. How do you get rid of so many good memories? You don't get rid of them, you cherish them, you embrace the chance you had with them and you take lessons from them. Yes! You will cry now and then but that's part of the process of letting go. There will be days where you are going to feel worthless, useless and helpless without them. That is the very time where they begin to die as idols and your worth is redirecting to the absolutes of Jesus Christ in your life.

-Chapter 3-

DEALING WITH THE EMOTIONS AND FEELINGS

| t is not about them leaving your life but rather the absence of their significance that sends boils of various emotions through you about them.

1. Loneliness

When you are so used to having them around and in a split of a life moment. They are no more there and you are left alone. All alone to their absence, alot of memories and the gifts they once showered you with stare at you. Forever with them seemed like it would never come to an end. You ask yourself questions with no answers and in the midst seek comfort in God's presence with an understanding that He

sympathises with your loss at the gain of Himself teaching you that He alone is enough for you and that you are alone but not lonely . You have a friend in Him.

2. Rejection

The failure of your previous relationship tends to breed a fear of rejection in your pursuit to move on. It is that fear of rejection that the enemy breeds more self-pity into you to further destroy your self-esteem which houses your self-identify in Jesus Christ. Who will love you with your flaws, imperfections and shortcomings? God Almighty, He does it so well in Jesus Christ daily. The memory of being rejected by someone that you love only has value when you give it value. Nobody can disappoint you any more than your own expectations in others.

3. Memories

The memories are bond to re-circulate and strangely they don't become so exaggeratedly

powerful if you don't fight them but rather embrace them. It is like peeling a sunflower on your father's grave with tears running down your cheeks. The next visit to his grave is never the same as the first because healing is gradual. The memories you shared with them don't change but the meaning of those memories is what changes you for the better or worse.

4. Crushed hopes

What hurts for a time about their memory is the crushed hopes , the vacations , the wedding and the life together that never happened , the same wishes that never came to pass but can any of us pour back slipped milk ? Can we force what wasn't destined to happen knowing well that our lives are ordered by the Lord? Maybe we should charge God Almighty for not having our best interest at heart? Isn't He all-purposeful and all-knowing? Perhaps the hopes were pure just not with the people we pictured ourselves with either way we give into His will as He redirects us to His best.

5. Secrets

Once you were a trustworthy friend and partner. The unspoken truths about each other need to remain with just the two of you - those secret confessions are the burdens you take to your grave. To betray trust of a broken friendship or relationship is unwise nor is it the best revenge for the hurt they have caused to you - ultimately it is your raging bitterness and miserable outlook on life.

6. Forgiveness

As you reflect on the pains and hurts they might have caused you intentionally and unintentionally so. Seek a peace in forgiving each and every fault even if they never apologized or felt justified in doing that very wrong. Should you harbour hatred and bitterness towards them, be it that you forfeit the prosperity of your entire being so don't curse yourself. Gladly forgive unconditionally, hold no wrong against them and embrace them should they ever need what you

can freely give . End things with others on a good note. Be careful of how you close the doors behind you when those doors no longer serve purpose for you. This is life, you might need to go through those very doors again. It is said that, "We meet to part and we part to meet". Be careful not to become the very evil you forgive and have forgiven in others. Envision the worst others can do to you. You also are capable of doing that to them. Therefore be merciful, forgive wholeheartedly and love unconditionally.

7. Finding closure

At times you may not find closure to a relationship and as to why it ended yet it does serve us right to seek closure when it can be gladly given. Taking those remarks of closure as critique to improve yourself for the next relationship is necessary.

8. Temptations to draw back

You are vulnerable and there lies ample amount of temptation to draw back to what almost killed you, jeopardized your path and delayed your assignment knowing well that it is off no good value because it was never off good value in the beginning, you were just too in love or maybe too desperate to be loved. You know deep that you are going to get hurt again and this time, you might not survive it. Toxic positivity that violates all good sense and sound wisdom, an extreme that will surely destroy you. As often said, "There is a thin line between faith and foolishness".

-Chapter 4-

REDEFINING YOUR WORTH

1. Self-esteem

I love me in Him for a me without Him is terribly broken .In Him, I have triumph of over reoccurrence of my imperfections, shortcomings, inequities and flaws. I love me in Him for even the consequences of my sins against Him, others and myself are bearable with His forever loving guidance. I love me In Him for He anchors me in His generous encouragement, His unbelievable grace and irresistible timely mercies. In Him is love that loves me even I cannot look at myself. In Him my worth is built enormously in His love for me. A love that will

not atleast love me like Him at my lowest is not worth me even at my highest.

2. Attitude towards new love

Off course! There is a quite a number of pursuers contesting for your heart again everywhere, giving you endless signs. While your interest in new love is down because of your previous relationship experience, you ignore them and walk away. You tend to disqualify yourself because of the consequences of your ignorance and cautiously you have become in approaching this new friendship, looking for any red flags as early as possible. Well, you have total liberty to upper the standard and criteria for your heart and to make no exception to whoever doesn't meet that very criteria. The love you give is the love God supplies.

3. Fear of failure

In the moment where new love emerges. You grab onto the failure of your previous

relationship so much that you resist being loved and it serves to your pursuers as rejection.

4. Happiness

Should you ever bind your happiness to anything other than God's presence in your life, you are likely to live a very miserable life for everything and anything given to you is bound to be taken away from you whether it serves purpose or it exempted from your life because of God's will . Happiness is a by-product of joy and peace. Joy and peace is found in Jesus Christ.

5. Contentment

Whether you have a partner or not, contentment should be inevitable. Getting used to being all alone is easier when your being is centred in God Almighty.

PREACHING TO YOUR EX

Life tends to cross our paths with the people we once had a relationship with. Their sight produces discomfort as a result of the memories we once shared with them. Everything replays at the very sight of them. This includes the pain of unfaithfulness that tends to trigger bitterness while we claim to have forgiven wholly.

Do you leave her in the rain as you see her hitchhike? Do you watch her suffer while you can help her? Do you punish her and deprive him of opportunities you both once shared together when the opportune time now avails apart?

How do you overlook all that she has done to you? Do you count her wrongs more than her

rights? Isn't she a flawed human being just like you? Do you charge her for visible sins while yours where invisible? Do you continue to deprive him of your humanitarian passion because of the bad memory he is? How fair is your judgment? Why superiorize yourself and inferiorize her?

For years I have witnessed men hate with passion, seek vengeance beyond all imaginable ways and still regardless of their evil efforts find no closure to the hurt they have incurred in their pursuit to find love.

Distinctively I have found no better resolution than to look at all men from God's perspective, that one is indebted to love all men despite the hurt one has got to incur from loving others as none of us are innocent in not causing hurt to others . I have found that love undeserved, unmerited yet favourable is to be given to all men. Yes! It makes no sense at all because

God's tend not to appeal to both logic and emotion in His ways.

It is your life together that didn't work and not you as individuals. Should you then be forever grieved by your losses and never the lessons learnt with them and about yourself with them? Certainly not! You give all goodness, all righteousness, all self-control least your heart lust again, all definite clarity in simple truth and all virtue as you would to God Almighty Himself.

If you cannot receive the message of the Gospel preached by your worst enemy. How many of your prayers have reached God Almighty in your continued bitterness?

UNLEARNING TO LEARN BETTER

Refrain from the prideful trap of excessive knowledge and no application of that very knowledge. All the knowledge you acquire is from the experiences of others. You will never discover new depths if you fail to apply that very knowledge. It is one thing to reason in an argument and it is another to smile at a fool's arrogance because of the experiences you now have. Take caution to where caution is given for those who have walked before you are a shield in good application.

Advisors and critics are people who see where you are blind. You shouldn't throw away criticism

or advice until you see what the person saw when they uttered those very words to you.

Stubbornness in our youthful demand of independence tends to rob us of sensible wisdom that comes from the experiences of others. There aren't new roads just new travellers therefore take caution and recourse unendingly for your own life is an unfolding testimony either be it off triumphant above all else or off defeat below all else - the choice is yours .

THE SIGNS OF HIS DEPARTURE

A man cheats on you because you are not the woman of his heart's contentment instead you are an attempt to that very contentment. He cheats on you because you are a forged fit into him and not the exact fit. He is unstable with the kind of presence you carry, it is not his portion and he is afraid of letting you believe less of yourself and retains the truth to only disappoint you later.

Your efforts go unappreciated and his presence is unwelcoming expect for when his blood gets warm, so are you cherished.

There is another woman and your insecurities cannot overlook his bubbliness even past his tempest storms. A rest he has found but not in you.

Spare him the disrespect he has had to endure, the punches he didn't deserve and the harvest of his efforts he didn't get to enjoy. All he has forgiven wholeheartedly but in his criteria, you no longer fit.

The contest for his heart is vast, your contenders are skilful to the core and they will not go unnoticed for their effortful faith.

Be it to doomsday that his efforts are not sincerely appreciated, that your submissiveness is overpriced beyond all sensuality, his good works aren't reciprocated, his plans aren't seductively counselled and all he seemingly does is to shoot blanks.

Remember you wanted him at all costs so much that you dismantled the house of another woman and hurried to secure him to yourself. Little did you know that he cannot be tamed and nothing in the world can make him to favour you other than himself. The revenge of his former is smoothed in time.

When a man finds himself in the greatest awakening of himself in God Almighty and you my lady don't fit anywhere near the suitableness he needs. In order to satisfy his occasional lust, he keeps you around for his indulgement. Yes! For a time pleasing to himself.

He soon discovers that it is heavy to carry you as you aren't destined for him and keeping you would be his greatest sin. He forges through to give you signs so that you can gladly depart as has moved on long before you could think that he is no longer into you.

He is a fool and that he is aware off so much that he kneels before God Almighty pleading for His help to get Him out of his own "mess". You on the other side are drawn to the effects of his prayer. You suddenly lose interest in him , you become less patient with him and letting him go is as easy as 123... Strangely, he will not contest your departure for it is an answered prayer nor will you ever hear from him again. He has escaped a tremendous sabotage to both your destinies.

Shall you ever show yourself after you have severely broken his heart for that very love held his head above waters? Be it his tremendous strength to love wholly as he did. With his esteem crushed from your unending infidelities which his conscience never ceases to signal - a bad memory you are, way past his forgiveness and consolation to the harsh reality of your flaw.
His departure is sure and he will not return.

ACKNOWLEDGEMENTS

Total gratitude and honour is due to God Almighty who ceases not to enlighten us in matters concerning our lives. It is totally by His gracious loving-kindness and favour that such a project has come to pass through my hands. I am indeed humbled.

I am grateful to the various doctors, specialists' nurses, cleaners, porters and security guards both from Midmed Hospital and Netcare Hospital Pretoria for your dedicated service to the preservations of my young life. May God extend a double portion of the very goodness you poured to Him through my life.

The unconditionally support from my family, best friend, friends, business partners, brothers and sisters in the faith and mostly you the reader as a pursuer of truth and wisdom. Thank you so much and my God Almighty abundantly bless you.

Dear reader

I have openly and peacefully accepted God's call and gift upon my life to edify the Church and to impart knowledge and wisdom as it is transmitted to me. For years I have operated as the world operated in regards to distributing knowledge and wisdom. It wasn't until I came to full repentance due to a divine instruction given to me as a steward of knowledge and wisdom.

Such material and many more are available free of charge as PDF's for your smartphones and physical books for traditional readers (Depending on the availability of partners/donors).

Should you wish to partner with me in any form of giving or should you wish to invite me at your gathering as a speaker. You are more than welcomed to contact:

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“Not so with you. Instead, whoever wants to become great among you must be a servant of all the others”. – Matthew 20:26

May God bless and enlighten you in all his unlimited ways.

Yours faithfully

Njabulo Chriswell Sithole